

a plurality of spring members having a first end connected to the underside of the carriage and a second end connected to the foot end of the frame; and  
a foot support assembly mounted to the frame near the foot end.

5     2. (Currently amended) The exercise apparatus of claim 1 ~~wherein~~ further comprising  
the an adjustable head rest, such that the head rest is adjustable to a first flat  
position; a second inclined position and a third inclined position ~~in~~ with respect to  
the carriage mat.

10    3. (Original) The exercise apparatus of claim 1 further comprising  
a Pilates long/short box with partially open long wall surfaces, such that the box  
may be interchangeably positioned  
lengthwise on the carriage, in order to perform a first set of reformer  
exercises;  
15        crosswise on the carriage, in order to perform a second set of reformer  
exercises; and  
lengthwise across the carriage side rails at the head of the frame, in order  
to perform chair exercises.

20    4. (Currently amended) The exercise apparatus of claim 1 ~~wherein~~ further comprising  
the an adjustable foot support assembly ~~may be adjusted~~.

5. (Currently amended) The exercise apparatus of claim 1 ~~wherein~~ further comprising  
the a hinged headrest and shoulder pad assembly, such that the assembly may be  
25        rotated away and downward from the carriage surface so that a conversion mat  
may be positioned on the reformer frame in order to provide a flat work surface  
for other exercises.

6. (Original) The exercise apparatus of claim 1 further comprising  
30        a first pole section in proximity to the head of the left rail; and  
a second pole section in proximity to the head of the right rail.

7. (Original) The exercise apparatus of claim 6 further comprising  
a first pole extension section removably inserted in the first pole section; and  
a second pole extension section removably inserted in the second pole section.

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8. (Original) The exercise apparatus of claim 6 further comprising  
a right adjustable and flexible pulley mechanism mounted on a right riser  
mounted on the first pole section, the right pulley mechanism comprising  
a pulley bracket support having a height adjustment means,  
a pulley mount,  
a pulley roller core, and  
a flexible, articulating connection means between the pulley bracket  
support and the pulley mount, such that the pulley bracket mount may  
move relative to the pulley bracket support in order to reduce binding of  
the pulley during operation; and  
a left adjustable and flexible pulley mechanism mounted on a left riser mounted  
on the second pole section, the right pulley mechanism comprising.  
a pulley bracket support having a height adjustment means,  
a pulley mount,  
a pulley roller core, and  
a flexible, articulating connection means between the pulley bracket  
support and the pulley mount, such that the pulley bracket mount may  
move relative to the pulley bracket support in order to reduce binding of  
the pulley during operation.

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9. (Original) The exercise apparatus of claim 8 wherein  
the pulley roller core is interchangeable to accommodate either ropes or flat  
straps.

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10. (Original) The exercise apparatus of claim 8 wherein

the flexible connection means is selected from the group consisting of a cable, two interlocking eyebolts, or one eyebolt interlocking with a mount integral to the pulley bracket.

5 11. (Original) The exercise apparatus of claim 8 wherein

the pulley bracket is mounted on a riser such that the riser may be rotated from a first position wherein the pulleys are positioned between the pole sections and the carriage mat, so that the user may operate ropes or straps while in a reformer mode,

10 to a second position wherein the bracket secures a box positioned on the rails when the reformer is used in a chair mode, and  
a third position wherein the bracket is rotated out of the way for storage when the reformer is used in a pole system mode.

15 12. (Original) The exercise apparatus of claim 8 wherein

a riser is mounted on the pole section; and  
the height adjustment means comprises a slot in the riser, such that the pulley mount may be positioned at different heights in the slot.

20 13. (Original) The exercise apparatus of claim 1 further comprising

a spring adjustment mechanism, such that the first end of the spring members are connected to a spring gear bar which may be placed in various positions in a spring bar adjustment bracket attached to the carriage in order to adjust the distance of the carriage from the foot end, such that the various positions set the carriage at variable distances in relation to the foot bar, thereby enabling the accommodation of different body types.

14. (Original) The exercise apparatus of claim 13 wherein

30 there are at least four carriage positions, such that three positions are Pilates one, two, and three carriage positions, and a fourth position is a negative one position, wherein the carriage is closer to the foot base than in the one position.

15. (Original) The exercise apparatus of claim 13 further comprising  
a plurality of markings on at least one rail, such that each marking represents a  
proper carriage position corresponding to spring bar adjustment bracket position.

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16. (Original) The exercise apparatus of claim 13 further comprising  
a means for a user to change the position of the spring gear bar in the spring bar  
adjustment bracket without disembarking from the carriage.

10 17. (Original) The exercise apparatus of claim 16 further comprising  
a release mechanism such that the spring gear bar may be removed from a  
position in the spring bar adjustment bracket when the release mechanism is  
engaged; and  
a retention mechanism such that the spring gear bar may be held in a position in  
15 the spring bar adjustment bracket when the release mechanism is disengaged.

18. (Original) The exercise apparatus of claim 17 wherein  
the release mechanism is selected from the group consisting of at least one cable,  
such that pulling on the cable engages the release mechanism, and releasing the  
20 cable disengages the release mechanism; or at least one rigid bar, such that pulling  
on the bar engages the release mechanism, and releasing the bar disengages the  
release mechanism.

19. (Currently amended) The exercise apparatus of claim 1 further comprising  
25 a left base pole located near the head end of the left rail, such that the left base  
pole supports the left rail front section;  
a left rail front pivot means, such that the left rail front section may rotate with  
respect to the left base pole;  
a right base pole located near the head end of the right rail, such that the right base  
30 pole supports the right rail front section; and

a right rail front pivot means, such that the right rail front section may rotate with respect to the right base pole.

20. (Currently amended) The exercise apparatus of claim 19 further comprising

5 a foot base, the foot base including at least one wheel such that the foot base may roll toward the head as the left rail is folded along the left hinge and the right rail is folded along the right hinge; and  
a head base located near the head of the left rail and right rail, such that the left base pole and the right base pole are supported in the head base, and such that the  
10 head base remains stationary while the foot base is rolled into a ~~folding~~ folded position.

21. (Original) The exercise apparatus of claim 20 wherein

the head base has at least one wheel such that once the unit is folded into a  
15 vertical folded position, the folded apparatus may be moved by rolling it on the wheel.

22. (Original) The exercise apparatus of claim 21 wherein

the foot head base has at least two wheels; and  
20 the head base has a rear inclined face such that the wheels may be rolled up the inclined face as the unit is rolled into a vertical folded position.

23. (Original) An exercise apparatus comprising:

a generally rectangular frame having  
25 a head end  
a head end support including a head base with at least two wheels, a left base pole and a right base pole,  
a left riser mounted on the left base pole,  
a right riser mounted on the right base pole,  
30 a foot end,  
a wheeled foot end support,

a left rail comprising

a left rail front section,

a left rail front section pivot support integral to the left base pole,

a left rail rear section,

5 a left rail hinge connecting the left rail front section and the left rail rear section, such that the left rail front section may be folded with respect to the left rail rear section,

a right rail comprising

a right rail front section,

10 a right rail front section pivot support integral to the right base pole,

a right rail rear section,

a right rail hinge connecting the right rail front section and the right rail rear section, such that the right rail front section may be folded with respect to the right rail rear section;

15 a movable carriage mounted on the frame, such that the carriage may be moved along the left rail and the right rail between the head end and the foot end, the carriage having a generally flat upper surface, a pair of spaced shoulder stops mounted to said upper surface and an adjustable head rest;

an height-adjustable and flexible left pulley mechanism attached to the left riser;

20 an height-adjustable and flexible right pulley mechanism attached to the right riser;

a plurality of interchangeable springs having a first end connected to a rod which may be positioned into one of several slots affixed to the underside of the carriage and a second end connected to the foot end of the frame;

25 a gear mechanism to assist in changing the position of the rod from one slot to another slot; and

an adjustable foot support assembly mounted to the frame near the foot end.

24. (Original) The exercise apparatus of claim 23 further comprising

30 a means for removably securing a Pilates long/short box over the head portion of the left rail and the right rail, thereby permitting Pilates chair exercises on the box.

25. (Original) The exercise apparatus of claim 23 further comprising  
a means for inverting the headrest so that a separate mat be placed over a portion  
of the left rail and the right rail, thereby permitting Pilates mat exercises on the  
mat and carriage.

26. (Original) The exercise apparatus of claim 23 further comprising  
a means for removably attaching a left pole extension on the left base pole; and  
a means for removably attaching a right pole extension on the right base pole,  
such that a push through bar may be positioned between the left pole extension  
and the right pole extension, thereby permitting Pilates pole exercises.

27. (Original) The exercise apparatus of claim 23 wherein  
there are at least four slots, such that three slots correspond to Pilates one, two,  
and three carriage positions, and a fourth slot corresponds to a negative one  
position, wherein the carriage is closer to the foot base than in the one position.

28. (Currently amended) An improved reformer, the improvement comprising:  
A first ~~hinged~~-rail comprising a hinge positioned between a front rail section and a  
rear rail section, such that the first rail may be folded from an extended position  
into an upright position where the front rail section is substantially parallel to the  
rear rail section; and  
A second ~~hinged~~ rail comprising a hinge positioned between a front rail section  
and a rear rail section, such that the second rail may be folded from an extended  
position into an upright position where the front rail section is substantially  
parallel to the rear rail section.

29. (Currently amended) The improved reformer of claim 28 further comprising  
a ~~means for~~ disengagement member which permits a user to change the position  
of the spring gear bar in the spring bar adjustment bracket without disembarking  
from the carriage.

30. (Original) The exercise apparatus of claim 29 further comprising

a release mechanism such that the spring gear bar may be removed from a position in the spring bar adjustment bracket when the release mechanism is engaged; and

a retention mechanism such that the spring gear bar may be held in a position in the spring bar adjustment bracket when the release mechanism is disengaged.

31. (Currently amended) The improved reformer of claim 28 further comprising

a rotatable pulley assembly such that ropes ~~and or~~ straps may be pulled through a pulley from various positions of the carriage, when the pulley is at ~~in~~ various heights, ~~of the pulley~~ without bind.

32. (Original) The improved reformer of claim 28 further comprising a pole assembly,

the pole assembly comprising

a head base;

a right head base pole;

a left head base pole;

a right pole extension removably attached to the right head base pole;

a left pole extension removably attached to the left head base pole; and

a push through bar attached to the right pole extension and the left pole extension, such that Pilates pole exercises may be conducted on the reformer and pole assembly.

33. (Original) The improved reformer of claim 28 further comprising

a Pilates long/short box with partially open long wall surfaces, such that the box may be interchangeably positioned

lengthwise on the carriage, in order to perform a first set of reformer exercises;

crosswise on the carriage, in order to perform a second set of reformer exercises; and



lengthwise across the carriage side rails at the head of the frame, in order to perform chair exercises.

34. (Original) An interchangeable Pilates exercise system comprising

5 a reformer comprising  
a pair of carriage rails, and  
a movable carriage including a foldable headrest and shoulder rest  
assembly, such that the assembly may be folded to a flat position;  
a pole extension assembly removably attachable to the reformer, such that pole  
10 exercises may be performed on the pole extension; and  
a modified long/short box, such that the box may be placed lengthwise or  
crosswise on the carriage for reformer exercises, or placed on the carriage rails to  
perform chair exercises.

15 35. (Original) The exercise system of claim 34 further comprising

a removable mat which may be placed over the carriage rails and the folded down  
headrest and shoulder rest assembly to create a flat surface in conjunction with the  
carriage.

20 36. (Original) A method for storing and transporting a reformer exercise apparatus having  
a first rail, a first rail head section, a first rail head section support, a first rail foot  
section, and a first rail foot section support, and a second rail, a second rail head  
section, a second rail head section support, a second rail foot section, and a second  
rail foot section support, the method comprising

25 folding the reformer frame from an extended lateral position to a vertical folded  
position by

lifting the frame near the hinged intersection of the first rail head section  
and the first rail foot section and near the hinged intersection of the second  
rail head section and the second rail foot section,  
30 rolling the first rail foot sections and the second rail foot section toward  
the head of the reformer,

5 pivoting the head section of the first rail on its head section support,  
pivoting the head section of the second rail on its head section support,  
continuing to roll the first rail foot sections and the second rail foot section  
toward the head of the reformer until the reformer is in a folded vertical  
position;  
securing the reformer into a folded vertical position;  
tilting the folded reformer so that wheels on the right and left head section  
supports contact the floor;  
rolling the folded reformer to a desired position; and  
10 tilting the reformer back into a vertical position.

37. (New) An exercise apparatus, for placement on a support surface, the exercise  
apparatus comprising:

a generally rectangular frame  
15 having a head end,  
a foot end having at least one foot base roller,  
a hinged left rail and a hinged right rail, each rail comprising  
a front section having a first end pivotally attached to the head end  
of the frame, and a second end connected to a hinge, and  
20 a rear section having a first end connected to the hinge, and a  
second end attached to the foot end,  
such that each rail may be folded at its hinge, and such that the second  
ends of the rear sections are supported by the foot base roller and remain  
in proximity to the support surface as the rails are folded;  
25 a movable carriage mounted on the frame, such that the carriage may be moved  
along the left rail and right rail between the head and foot ends, the carriage  
having a generally flat upper surface, a pair of spaced shoulder pads mounted to  
said upper surface and a head rest;  
a plurality of spring members having a first end connected to the underside of the  
30 carriage and a second end connected to the foot end of the frame; and  
a foot support assembly mounted to the frame near the foot end.

38. (New) An exercise apparatus comprising:

a generally rectangular frame

5           having a head end,  
            a foot end,  
            a left rail having a head end and a foot end, and  
            a right rail having a head end and a foot end;

10           a movable carriage mounted on the frame, such that the carriage may be moved  
            along the left rail and right rail between the head and foot ends, the carriage  
            having a generally flat upper surface, a pair of spaced shoulder pads mounted to  
            said upper surface and a head rest;

15           a plurality of spring members having a first end connected to the underside of the  
            carriage and a second end connected to the foot end of the frame;  
            a foot support assembly mounted to the frame near the foot end;  
            a first pole section in proximity to the head end of the left rail, and a second pole  
            section in proximity to the head end of the right rail, each pole section comprising  
            a rotatable riser, such that the riser may be set at a first position oriented  
            between the pole sections, and set at a second position, the second position  
20           being rotated away from the first position and away from the rails.

39. (New) The exercise apparatus of claim 38 further comprising

25           a first pole section in proximity to the head end of the left rail, and a second pole  
            section in proximity to the head end of the right rail, each pole section comprising  
            a rotatable riser, such that the riser may be set at a first position oriented  
            between the pole sections, and set at a second position, the second position  
            being rotated away from the first position and away from the rails, and  
            a vertically adjustable pulley mechanism mounted on the riser, such that  
            the pulley mechanism may be set at a desired height relative to the riser,  
30           and such that a user may perform a first set of exercises with the pulley  
            mechanisms;

a removable first pole extension section, such that the first pole extension section may be secured to the first pole section, and  
a removable second pole extension section, such that the second pole extension section may be secured to the second pole section, such that the user may perform additional exercises with the pole extension sections.

40. (New) An exercise apparatus comprising:

a generally rectangular frame

having a head end,

a foot end,

a left rail having a head end and a foot end, and

a right rail having a head end and a foot end;

a movable carriage mounted on the frame, such that the carriage may be moved along the left rail and right rail between the head and foot ends, the carriage having a generally flat upper surface, a pair of spaced shoulder pads mounted to said upper surface and a head rest;

a foot support assembly mounted to the frame near the foot end;

a plurality of spring members having a first end connected to the underside of the carriage and a second end connected to the foot end of the frame; and

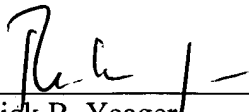
a spring adjustment mechanism, such that the first end of the spring members are connected to a spring gear bar which may be placed in various positions in a spring bar adjustment bracket attached to the carriage in order to adjust the distance of the carriage from the foot end, such that the various positions set the carriage at variable distances in relation to the foot bar, thereby enabling the accommodation of different body types.

9. Thank you for your continued assistance in this application.

Respectfully submitted,



Date: April 19, 2005

  
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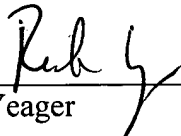
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20 I hereby certify that the following correspondence is being deposited with the United States Postal Service "Express Mail Post Office to Addressee" under 37 CFR 1.10 on the date shown above and is addressed to Mail Stop Amendment, Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450

25 Answer to Notice of Non-Compliant Amendment  
\$75 for 3 extra dependent claims

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Rick Yeager